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ABSTRACT

This guide shows parents how to cut expenses and save on the cost of raising a family. Chapter 1 offers many ways to stretch food dollars and discusses buying in bulk, eating out, using coupons, buying wholesale, and gardening. Cost-cutting clothing ideas covered in chapter 2 include buying at secondhand stores and consignment shops, outlet shopping, taking advantage of seasonal clearances, home sewing, and catalog shopping. Chapter 3 offers money-saving tips for education in the early years, for college, and for parents. Advice on low-cost health care, dental care, and personal grooming is provided in chapter 4. Chapter 5 gives examples of inexpensive family entertainment such as indoor and outdoor activities, things to do in the community, family and neighborhood get-togethers, holiday activities, and family vacation ideas. Decorating and organizing children's rooms is discussed in chapter 6, along with low-cost playthings and handling the effects of peer pressure. Chapter 7 offers general money-saving tips for parents such as sharing children's toys and clothing, arranging parents' time-outs, organizing parent support groups, and working at home. The final chapter includes advice for saving on car maintenance, utilities, long-distance communication, and household cleaning products. Each chapter includes additional sources of information. (TJQ)

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